



Naval Special Warfare Behavioral Health

“Tribal Engagement”



Who We Are



\$



\$



JOINT TACTICS
TRNG DEVELOPMENT

SPECIAL FORCES
RANGERS
ROTARY WING AV.
PSYOP
CIVIL AFFAIRS

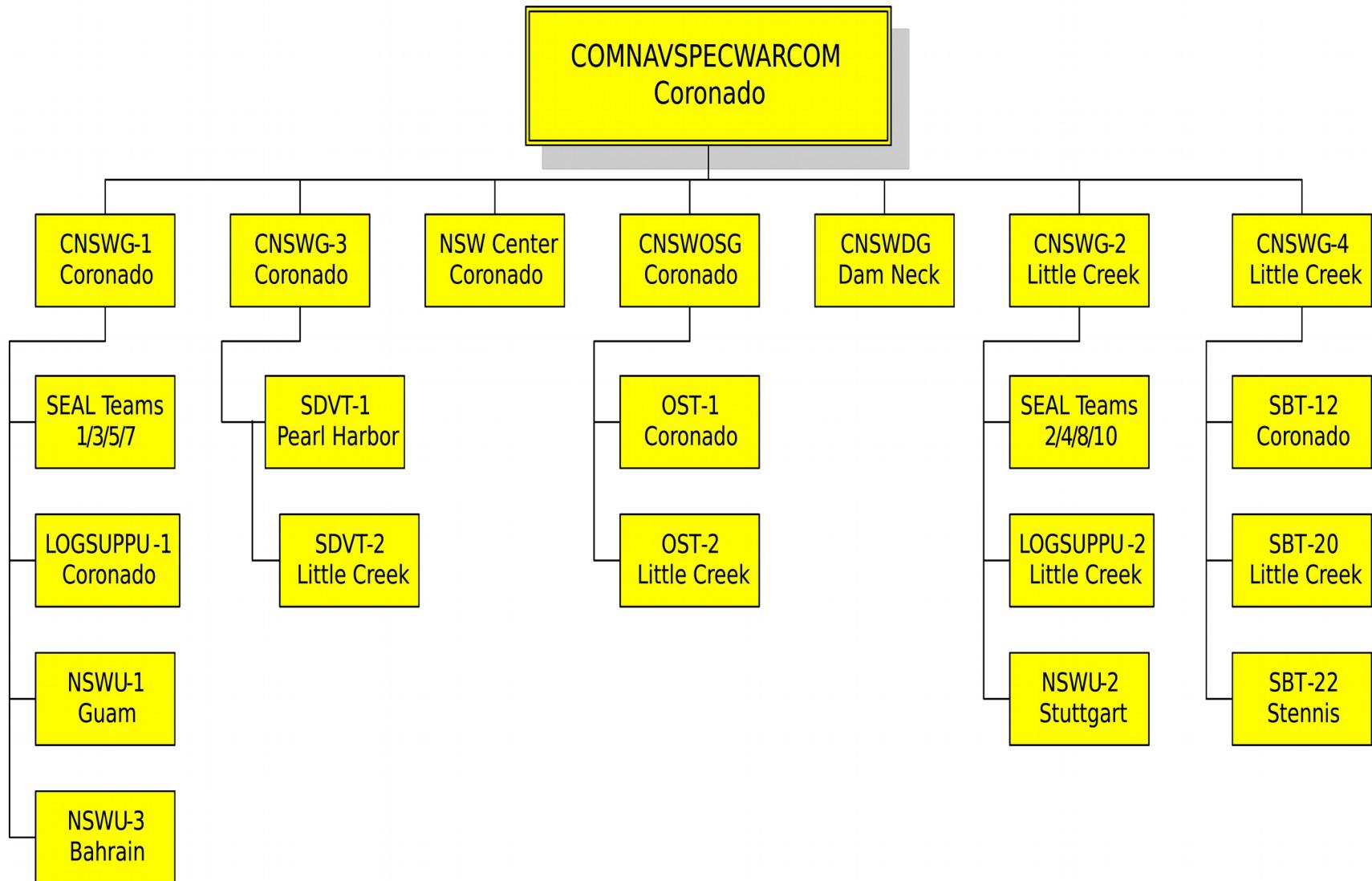
AVIATION
• FIXED WING
• ROTARY WING
SPECIAL TACTICS GP
COMBAT WX SQDRN

SPEC OPS BRIGADES
-1 PER COAST
FOREIGN MILITARY
TRNG UNITS
SPEC OPS SUPP GP

SEAL TEAMS
SPECIAL BOAT TEAMS
SDV TEAMS
SUPPACTS

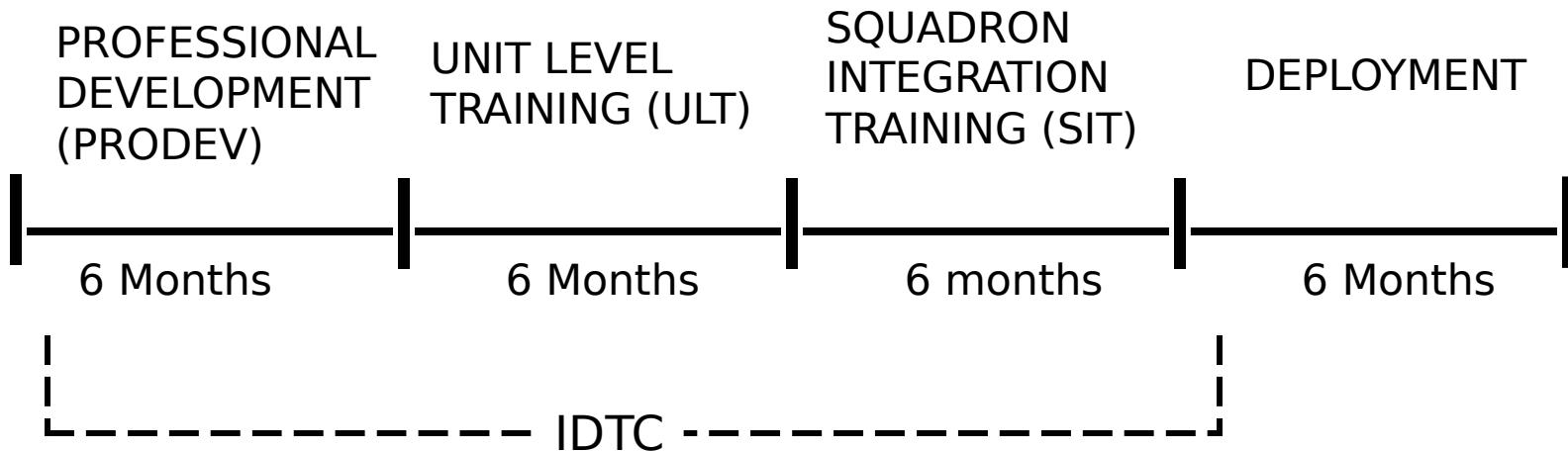


NSW Community





NSW Deployment





Community Traits

- ❑ An exclusive community of males selected for motivation under stress.
- ❑ High Operational Tempo with over 200 days a year TAD or deployed.
- ❑ Highly trained and physically fit.
- ❑ High retention and pay.
- ❑ Average operator is 31 years old.
- ❑ Self identify as a SEAL or SWCC.



Community Traits

- ❑ Relationships are long term, extensively networked and trump other loyalties.
- ❑ Personnel are expected to cope.
- ❑ Change and diversity are minimal.
- ❑ Mental concerns are perceived as a weakness.
- ❑ Outsiders and are not trusted.
- ❑ Internal code of behavior.



NSW Mental Strength

- ❑ Preventive approach vice reactive – Build strength versus “find weakness”- Acceptance versus anonymity.
- ❑ Mental Strength is a sum of internal and external factors. Family strength, physical, financial and spiritual fitness, all count.
- ❑ Mental Strength can develop.



Embedded Psychologists

- ❑ Psychologists are assigned to each major command.
- ❑ Psychologists serve with the operators and are deployable.
- ❑ They are on-site, accessible and build trusting relationships over time.
- ❑ Psychologists are screened and selected.



Check Ups From the Neck Up

- ❑ 100% of operators are required to be checked with the mental healthcare provider.
- ❑ EVERY operator has open and clear access to psychologists.
- ❑ Trained like elite athletes and astronauts to maintain a healthy mind.



Third Location Decompression (TLD)

- ❑ Mandatory 48-72 hour decompression stop on the way home from theater.
- ❑ Part of their military operation.
- ❑ Important cognitive processing period.
- ❑ “Blowing off steam” is an ancient, proven practice of a healthy return.



Family Programs

- ❑ Family programs for all stages of deployments.
- ❑ Predeployment workshops
- ❑ Mid-deployment education and training
- ❑ Pre-redeployment workshops
- ❑ Reintegration Retreats providing teaching and counseling



Mental Health Screening

- Mandatory
- Based on stage of deployment cycle.
- 17 question validated standardized questionnaire to identify risk of PTSD and depression.
- This database above and beyond the Navy Deployment Health Assessment requirement, more focused.



Neuropsychological Testing

- ❑ Mandatory predeployment baseline testing
- ❑ Uses the Automated Neurological Assessment Metric (ANAM) adapted “Brain Checker.”



BUMED Initiatives

- ❑ Congressional Psychological Health/TBI funding support

- ❑ NSW Needs Assessment
 - Community Surveys
 - Focus Groups



BUMED Initiatives

❑ Project FOCUS

(Families Overcoming Under Stress)

- Packaged Resilience Training for family members designed to support children



BUMED Initiatives

□ NSW Resilience Enterprise

- Identify and develop resilience factors in the NSW individuals.
- Each person and family gets a personalized program on increasing resiliency



Tribal Mental Health Successes

- ❑ Mental health is a strength to build upon instead of a weakness to be hidden.
- ❑ The presence of mental health providers and activities such as decompression are increasingly seen as a normal part of operations.
- ❑ 100% mandatory mental health evaluations removes any onus.



Tribal Mental Health Successes

- ❑ Warrior strength is as valid as physical strength.
- ❑ Warrior strength is not individual. Additional strength can come from faith, finances, children, marriage, and communication.



SUMMARY

- ❑ Building Mental Strength
- ❑ Family and other “external” factors are part of the strength.
- ❑ Building strength is part of the Warrior Ethos
- ❑ Embedded mental health programs are necessary for a restricted community.
- ❑ NSW as a model.